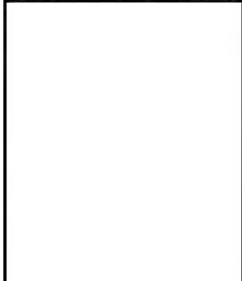



16 June 1964


MEMORANDUM FOR THE RECORD


SUBJECT: Physical Fitness Program

1. The following officials met 12 June 1964 in the Office of the Chief, Medical Staff, on the subject of the proposed Agency Physical Fitness Programs:

Dr. Tietjen	- C/MS
Mr. Houston	- General Counsel
	- DC/MS
	- O-DD/P
	- O-DD&T
	- O-DD/I
	- O-DD/E
	- O-Exec-Dir/Comptroller
	- Office of Personnel
	- C/CD/MS
- SA-DC/MS	

2. C/MS reviewed briefly the previous discussions. C/CD, by means of visual aids, offered various limitations and restrictions that the Medical Staff must be certain some participants are limited to and he discussed in detail the medical aspects of the program. A question was raised as to whether the Medical Staff could possibly keep up with the professional aspects of such an extensive program.  asked how a broad program such as outlined by C/CD could apply to overseas personnel. C/CD replied that that would follow, but at this time attention should be directed to getting something started at headquarters.

3.  felt that the concept being discussed was not really what he thought his people had in mind. He stated, for example, that Dr. Wheldon's only desire was a facility where he could go and exercise and/or relax for twenty minutes at a time. C/MS stated that obviously there were many problems to be considered but the first step should be education which would reach all levels of Agency personnel.

4.  stated he felt we had a dual situation -- one in which controlled exercise guidance could be made available to all Agency personnel and a second situation -- a facility that certain Agency employees could utilize. It was generally agreed that the military had many close-by facilities available to them and therefore no special exceptions should be considered for them.

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SUBJECT: Physical Fitness Program

25X1 5. C/MS then requested that the committee go back to the policy statement paper and many suggestions were received from around the table. One suggestion, which was accepted unanimously, was to delete the entire first paragraph, the second sentence to paragraph 2, and "direction of C/MS" in the next to last sentence. (A copy of this proposed policy statement is attached.) C/MS stated the policy paper's intent should be to advise, assist and, in certain situations, provide facilities. C/MS then requested [redacted] redraft the policy paper, incorporating those changes discussed, as well as identifying the program with Agency needs. C/MS also requested C/CD invite a representative from the White House Physical Fitness Program to address the committee and explain what is available and what other Government agencies are doing in this field.

25X1A 6. The committee then went into various discussions on the exercise room, specifically, how to limit it to certain categories of personnel. A suggestion was made to bar females. C/MS felt this would not be democratic. [redacted] stated that in his discussions with DD/S he was of the opinion that a limitation by grade could not be invoked. Rather, he suggested perhaps utilization of the room could be controlled by means of charging a fee. Mr. Houston stated that maybe age might be considered as a criteria for limiting the attendance.

25X1A 7. C/MS requested the panel members go back and do their "homework" and meet again, same time, next week at which time [redacted] would have the policy paper completed and C/CD would have made arrangements for a visitor from the White House.

25X1A MS-SA-DC/MS [redacted] jv (16 Jun 64)

Distribution:

Orig - O-ExO/MS
1 - O-C/MS
1 - C/CD
1 - O-ExO/MS Chrono

Approved For Release 2003/06/13 : CIA-RDP81-00142R000500030022-3


~~CONFIDENTIAL~~

11 June 1964

MEMORANDUM FOR THE RECORD

SUBJECT: Physical Fitness Program


1. The following officials met 2 June 1964 in the Office of the Chief, Medical Staff, on the subject of the proposed Agency Physical Fitness Program:

Dr. Tietjen	-	C/MS
Mr. Houston	-	General Counsel
	-	DC/MS
	-	O-DD/P
	-	O-DDS&T
	-	O-DD/I
	-	O-DD/S
	-	O-Exec-Dir/Comptroller
	-	Office of Personnel
	-	C/CD/MS
	-	Exo/MS

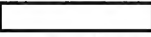

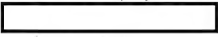

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2. Dr. Tietjen reviewed briefly the discussions at the previous meeting of 22 May, and pointed out that Mr. Kirkpatrick has now made the decision that there will be such a program, that an exercise room in the Headquarters Building will be provided, and that the Medical Staff will advise on the procedures for the program. Dr. Tietjen suggested that we now seek the advice of those officials present who were not present at the first meeting. And as a means to this end, he suggested that we review the questions posed at the earlier meeting.

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3.  indicated that there is one category of DD/P personnel -- PM -- whose jobs require a high degree of physical fitness. He also feels that the program should include the "busy headquarters officials". Mr.

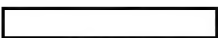
25X1A

 indicated that in addition to the "harried executive", DES&T had military personnel in OSA who also fall in this category; he felt that CIA has a moral obligation in this respect.  informed that certain Security and Training personnel hold jobs requiring a high degree of physical fitness.  pointed out that DD/I also has certain military personnel. Dr. Tietjen summarized that  ODP, the military, and certain Security personnel seemed to be the pertinent areas in this respect.

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25X1

25X1A

4. At Dr. Tietjen's request  reviewed the earlier discussions on a Physical Fitness Program prior to the 22 May meeting of this group. At Mr. Kirkpatrick's request, the earlier discussions went further

SUBJECT: Physical Fitness Program

and were broader than the present discussions: the thinking was that the Employees Activity Association would pay certain expenses and members would use the exercise room whenever they desired, with the Association providing supervisory and housekeeping service. [] added that the feeling was that personnel using the room would not necessarily be the younger athletes who participate in the Association's athletic program. [] indicated that the earlier discussions were aimed at those employees, maybe 15% of CIA, who would not otherwise get any exercise; the idea of an exercise room, such as those in State or FBI, was in their thinking.

5. At Dr. Tietjen's request [] outlined the professional interest of the Medical Staff in a Physical Fitness Program and gave additional information on comparable programs in the FBI and the FAA. He summarized by indicating that in his judgment the program should be a Management rather than a Medical Staff responsibility, although the Medical Staff would, of course, have an interest and a role: he cited convalescing employees as an example in this respect.

6. Mr. Houston felt that there would be no problem in justifying the program, but wondered how extensive the program would be. He suggested that the program might provide some statistical analysis for Medical Staff studies and that our experience with this modest program might be of value for our later plans. In response to [] query, Mr. Houston indicated that it would help if dues were collected. [] estimated an outlay of some \$15,000 for the exercise room.) Mr. Houston felt that the program could be financed out of Government funds for those employees whose jobs require a high degree of physical fitness.

7. [] disagreed with any plan that would distinguish between employees who must have such a program and those who would like to have it. He felt it should be all or nothing. He also suggested consideration of an afternoon off each week for physical fitness such as the military has -- even if this might have to be made up by working on Saturday morning.

8. Dr. Tietjen suggested seeking a statement from the DCI encouraging a Physical Fitness Program, and that [] advise on the physical pre-conditioning such a program would require. He also doubted that some employees should pay while others got the program free; he felt that a better plan might be to collect any fees from or through the Employees Activity Association.

9. [] explained how some two months ago they decided to consider the medical aspects of the proposed program as a possible means of financing the program from appropriate funds. He also pointed up the distinction between the program as an Agency "requirement" and an employees activity function. [] indicated that in either case appropriated funds would be involved in the sense that professional Medical Staff services would be required. Mr. Houston felt that we could proceed with the planning, recognizing that physical fitness is an over-all good and is a necessary thing for some employees.

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SUBJECT: Physical Fitness Program

10. Dr. Tietjen suggested the following as a course of action:

a. [] draft with [] a statement of policy for approval by the General Counsel and that this statement be circulated to present officials prior to our next meeting; this statement would then be forwarded to the DCI for approval.

b. [] brief this group on the purely medical aspects of the program after the policy statement discussion.

c. [] present a plan at our next meeting for the administration of the program. In connection with this, Mr. Houston asked [] if he would also try to cost the program out.

11. With the agreement to meet again in a week or ten days, this meeting adjourned. (The next meeting has now been scheduled for 12 June at 1430 hours.)

MS/Exo [] jv (12 Jun 64)

Distribution:

Orig - O-Exo/MS

1 - O-C/MS

1 - C/CD

1 - O-Exo/MS Chrono

4 June 1964

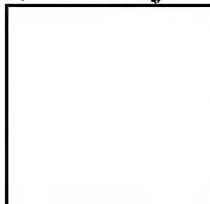
MEMORANDUM FOR THE RECORD

SUBJECT: Physical Fitness Program

1. At the request of Chief, Medical Staff, the following officials met 22 May 1964 in the Office of Chief, Medical Staff, to discuss the proposal of a Physical Fitness Program for the Agency.

25X1A

Dr. Tietjen



- C/MS
- DD/P
- DDS&T
- DD/S
- AC/CD/MS
- EMO/MS
- DD/I (was scheduled to attend, but was unavoidably detained elsewhere)

2. Dr. Tietjen reviewed the history of this proposal as he was aware of it and described the clinical experience of the Medical Staff in noting the effects of aging and stress in Agency personnel. He indicated that he has come to no firm conclusions on the desirability of a Physical Fitness Program such as that proposed and invited comments from the others present.

25X1A

3. [] described what he considered as special problems that DD/P personnel overseas have in maintaining physical fitness. He feels that the Medical Staff is in the best position to recommend what is needed in the way of a Physical Fitness Program. He also feels, however, that "a word of encouragement from the seventh floor" is essential to a successful program. It can be assumed, he indicated, that DD/P is interested in such a program.

25X1A

4. [] indicated that DDS&T interest in such a program can also be assumed. He feels, however, that special efforts will have to be made to assure that the officials who "don't have the time to spare for such a program and who therefore are the ones who probably need it the most are included".

25X1A

5. [] indicated that, although he was not prepared at this time to speak for the entire DD/S, he feels that the program is a good idea for such very busy people.

25X1A

6. [] indicated that the American Medical Association and the American Heart Association are now tending toward the position that exercise is the best preventive against heart disease. He feels, however,

SUBJECT: Physical Fitness Program

that if the program is going to reach the employees who need it the most, there will have to be some element of compulsion in the program.

7. Dr. Tietjen suggested, since there seemed to be an indication of general interest in a Physical Fitness Program, that representatives from the several directorates probe further into this interest in their respective directorates, and that this group meet again with representatives from the offices of the Executive Director-Comptroller, the General Counsel, and the Office of Personnel -- to include representatives from the Employees Activity Association. In connection with this further study, Dr. Tietjen proposed several questions as a means of approach:

a. Should not a Physical Educational Program be included in the Physical Fitness Program?

b. For whom is the program designed?

c. Are there categories of Agency employees whose jobs require a high degree of physical fitness?

d. Is it true that there are some employees whose jobs do not permit time to engage in physical exercise?

8. With the agreement that an early meeting as suggested would be held, this meeting adjourned. (The next meeting has now been scheduled for 2 June 1964 at 1430 hours.)

25X1A 11/500/10 [] v (4 Jan 64)

Distribution:

Orig - O-500/10

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